



# THE VOLUNTEER

March 2019

**EDITORIAL**

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Cover: Members of 134th Civil Engineering inspect a roof during February UTA. (U.S. Air National Guard photo by Tech. Sgt. Dan Gagnon)

Opposite: 'Supplements', 'Flag', 'Shooting', 'Note' and 'Coffee Cup' photos courtesy of Pexels.com.

Strong Bonds photos: U.S. Air National Guard photos by Tech. Sgt. Jonathon Young.



# 134th Air Refueling Wing Volunteers

**Vision:**  
Volunteer Ready

**Federal Mission:**

Support rapid global mobility and sustainment by providing world-class personnel, vital air refueling and airlift capabilities for contingency response and sustained combat operations.

**State Mission:**

Provide personnel and equipment to protect life & property during emergency response operations as directed by the Governor of Tennessee & the Adjutant General.

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### Dietary Supplements

Know the facts about dietary supplements and their effect on your career before you take them.



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### Commander's Priorities

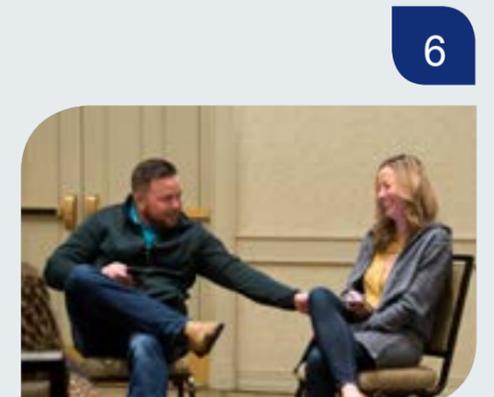
Do you know the 134th Air Refueling Wing Vision and Commander's Priorities?



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**Mission/Readiness  
Focused Activities**

**AFSC Focused Training**

**Developing Airmen**

**Saving Airmen's Time**

**Wrapped in a Culture of Safety**

**Are you Volunteer Ready?**

# Dietary supplements and military life

by Maj. Jennifer King 134th Air Refueling Wing Medical Group

Happy March everyone! It's time for our annual review of the DoD guideline on the use of dietary supplements (DS). While it is not an official regulation and does not address supplements comprehensively, it is very informative on the process of choosing DS. I continue to be a proponent of natural medicine as the first line of defense against disease, and highly value DS when used appropriately, both as an individual and a medical provider. Yet, just because something is natural does not mean it's healthy or even safe, and this is why it is important to choose your DS wisely.

A DS is a product containing one or more dietary ingredients intended to supplement one's diet, including: Macronutrients, vitamins, minerals, amino acids, herbs and "other" dietary substances. These can be in the form of a capsule, powder, softgel, gelcap, tablet, liquid, etc. Essentially, if it's not a food and it's not a drug, it's a DS. While food and drugs are highly regulated by the government for safety, supplements are not. Thus, a supplement could be 100% what it claims, 0% what it claims or tainted with dangerous ingredients.

The DoD guidelines advise us to ask the following about a DS we are considering: What is in this DS? What does this DS actually contain (not just what does it claim to treat)? Are there multiple ingredients? Does it have an ingredient already found in another DS I am taking that may raise the total amount above a safe level? Does the label conform to FDA rules (state that it is a supplement, name and place of manufacturer/packer/distributor, and complete list of ingredients)? Does it have a seal from a third party verification program showing it has been evaluated and certified for quality? Is it safe? Have credible professional organizations expressed concerns? Does it make sense? Is the claim consistent with current knowledge of exercise physiology and nutrition? Does it work? Is there evidence? What is the recommended dose and is the active ingredient the same quality/quantity of the ones used in studies showing effectiveness? Does it reach its target? Is it found naturally in food and does this form reach the target tissues better than the dietary form? Why take it? Remember, supplements cannot take the place of exercise, training or overall dietary adequacy, so they need to add something that healthy habits do not already cover.

Very important for our military careers is the question, "Am I allowed to take it?" Generally, if a supplement is not banned or recalled by the FDA, FTC or DEA, it is not banned by the DoD at large. However, the DoD, each branch of service, and each base/command/unit has the authority to issue guidance on specific supplements and/or categories of supplements, so check to see if your base/command/unit has a DS policy in effect. Keep in mind that certain products tend to be higher risk for dangerous ingredients. The DS that most often contain harmful ingredients are body building, sexual enhancement, weight loss and diabetes products. If you have a specific product in mind, check it out on the Natural Medicines Comprehensive Database (NMCD). The NMCD rates commercial products based on safety, effectiveness and quality. They are rated on a one-to-ten scale with ten being the best. It's wise to stick to those rated seven and above. You can also consult the Human Performance Resource Center, Office of Dietary Supplements, FDA, PubMed, Google Scholar (NOT normal google) and WorldCat.



As always, the best way to assure the safety and efficacy of any DS is to discuss it with your Primary Care Physician, as they can compare it to any meds you are taking or conditions you have to ensure its safety. A list of questionable ingredients can be found in the DoD guidelines. The following website classifies DS based on expected risk and potential benefit:

<http://hprc-online.org/dietary-supplements/dietary-supplement-classification-system-1#.UDP8no4Qh5g>



# *You just never know*

*Mr. Bill Conner, 13th ARW Airman and Family Readiness Program Manager*

We've all heard it before, applied to a million different situations: "You just never know," is as tired a phrase as it gets, but also happens to be some of the best career advice I've ever received.

When I was with the 149th Fighter Wing at Lackland AFB, my career was winding down on a predictable path. I was less than two years from retirement, maxed-out on promotion opportunities, and starting to think about the TAP program and whatever was coming up next. Senior Non-Commissioned Officer's (SNCO) Academy was a required but neglected part of my training that was nowhere on my radar, and my Wing Commander knew it, because I popped up each month on his "overdue" reports. I had already pleaded my case to a number of folks, and I assumed I was cleared for bypassing SNCO Academy on my way out of the Air National Guard door.

One afternoon I looked up from my desk to find Col. John Kane standing in my doorway. He was smiling, thank goodness, but I still wasn't really prepared for a house call from the Wing Commander. Of all the things I could think of him needing from the Public Affairs shop, I couldn't imagine he wanted to talk about SNCO Academy. I went through the whole story, I was going to retire, college is done, etc, and he listened to everything I had to offer on the matter.

Then he dropped that old phrase on me. "Bill, I get what you're saying, and you might be right. But the fact is, you just never know. As much as we try to plan, as much as we think we have it figured out, we never really know what's coming around the corner. Who knows, maybe you won't ever need SNCO Academy, but I would really hate to see you miss an opportunity because you didn't have a box checked for one course."

Trust me, when your Commander takes the time to talk with you, you tend to put some extra thought into your situation as well. I was grateful for the conversation, and as you can imagine, I enrolled in SNCO Academy and banged it out without a hitch.

Fast-forward about a year, and a job opportunity popped up for the Training and Education Center at McGhee Tyson ANGB as a Continuing Education Instructor. I saw it as an incredible "bonus round" for my career, and the perfect situation for moving permanently to Tennessee. As I scanned through all the requirements, my eyes stopped on one line that made me laugh out loud: "Must have completed all eligible Professional Military Education." That one line, and the fact that I listened to Colonel Kane, started a ball rolling that brought me to the TEC as an Instructor, leading ultimately to the opportunities that now allow me to be your Airman and Family Readiness Program Manager.

I've adopted "As long as you are here, we are here for you" as the new slogan for the Airman and Readiness Family Program. The intent is that no matter what status you're in, as long as you are at the 134th in any capacity, we're here to help. The slogan could just as easily be, "Because you just never know." When you look at the services provided by this office - Life Skills, Financial Counseling, Employment Assistance, and transition Assistance to name just a few - it's easy to see that most of the services are intended to help you prepare for your future in some way.

As you look into your military life and your future plans, whether it is job stress today, taxes in a few months, education over a few years, or another career after you retire, we're here to help you every step of the way. No matter how much you think that you have it all covered - and you knew I was going to say this - you just never know!

# JEAA Presents:

Your guide to Military Education Benefits,  
featuring



**Mr. Bill Conner**

**Airman and Family Readiness Manager**

**12:15 Sunday, March 3rd (UTA)**

**Civil Engineering Auditorium**

# Airmen extend valentine's spirit through Strong Bonds Weekend

by Master Sgt. Timothy Kinnan, TEC Public Affairs



Valentine's Day may be over, but several service members still had love on their minds during the extended holiday weekend.

Airmen and spouses assigned to the Air National Guard's education center and the 134th Air Refueling Wing took part in a Strong Bonds retreat and enrichment seminar, February 15-17, at the MeadowView Conference Resort and Convention Center in Kingsport, Tennessee.

Attendees said that they learned valuable relationship building skills and received information about the five love languages.

The education center's Chaplain, Lt. Col. Bradley Green, described the enrichment seminar as "one of the best programs for enhancing communication within marriages."

"The Five Love Languages" by Dr. Gary Chapman, was given to each participant to read at their own pace, and chaplains led sessions on each of the five love languages so that participants could understand the essential information.

Chief Master Sgt. Christine Shawhan said that she loved the seminar and felt that the "simple changes we make in our behavior to connect with our spouses builds a stronger foundation at home and everyone benefits." She went on to say that "when things are right on the home-front, we can focus on the mission at hand at work. It supports every organization."

Master Sgt. Rachel Lewis said that she enjoyed the retreat and said: "it was a great opportunity to get away from distractions and focus on our marriage." She went in expecting to be inundated with information and to be in training mode all weekend but was pleasantly surprised by the balance of social interaction, quality time for the couples, and the training they received.

Chief Shawhan said that "this program isn't just about that particular weekend's event. It's about setting a path to strengthen emotional well-being and building resiliency. We need our Airmen and families to do our mission. This is one way to support both."



# VOLUNTEER AIRMEN AT WORK

Images from February UTA





# THE WHOLE AIRMAN CONCEPT

*by Chief Master Sgt. Douglas J. Taylor, 134th Maintenance Group*

Several years ago I attended a morning roll call where a senior airman was receiving an award. When asked what her secret to success was, she replied that she applies the Whole Airman Concept to her daily life. My first thought was probably the same as yours right now: another cheesy Air Force program that will come and go, and soon be forgotten about. But I did some research and found out that the WAC has been around for awhile, and is still being adopted throughout the Air Force today.

What is the Whole Airman Concept? The Air Force defines this as three major components: leadership and job performance, significant self-improvement, and base or community involvement. Also, the concept's most important element is exemplifying the Air Force's Core Values of Integrity First, Service Before Self, and Excellence In All We Do.

So, how do we as individuals apply this to our daily lives? The first part, leadership and job performance, is an easy one: We all know we need to be good at what we do. However, we also need to be continually improving — seeking new and better processes, performing honest self-evaluation, and always trying to improve our skill set. This must be an enduring practice throughout our careers!

Second, significant self-improvement: Professional Military Education, Community College of the Air Force degrees, outside college and university classes, physical training, etc. This is the one that many Airmen struggle with. Between deployments, family and all of the daily stressors of life, it is understandable that we get bogged down. The failure I often see is that many Airmen quit when they feel overwhelmed. We must push past this; life gets tough from time to time and we all go through it. Thomas Edison said, "Many of life's failures are from people who did not realize how close they were to success when they gave up". My best 'military advice' is to keep focused on the goal, and success will come!

And lastly, base or community involvement: This has taught me some new things about myself, namely that I really enjoy it! It is usually out of my comfort zone, but that's okay. The options are endless: there are always people in need, and places to help are easy to find. It is an incredible feeling to help others, and volunteering is just another way to be part of something greater than yourself.

In summary, I believe the Whole Airman Concept is exactly what the Air Force wants from us. It is not a detailed plan, but more of a way to live our lives every day. Our Air Force cultural establishes, encourages, and protects this way of life, so why not employ it?

The Whole Airman Concept - EMBRACE IT, LOVE IT, LIVE IT!

## The Chaplain's Cup

### Facing formidable foes

*by Maj. Derrick Wakefield, 134th Air Refueling Wing Chaplaincy*

When we first begin to work out at a gym the weights seem so heavy, and it takes all the strength we've got to lift them. But then, as we continue to go, we find it takes less energy on our part to lift those same weights. It isn't because the weights have become lighter; it's because we have become stronger.

In my childhood someone shared a story with me that I never forgot: It was a story about a young shepherd boy named David, who fought and defeated an intimidating giant named Goliath. David was a shepherd who had to kill a lion and a bear because they attacked his flock. Later in his life he was confronted with what seemed to be a formidable foe, but he was confident he could conquer a giant because he had already faced the other predators and won.

Slaying Goliath was a defining moment for David, but it would not have come had he not first overcome the smaller challenges of the lion and the bear. The lesson to us is clear: Whatever we are facing in our lives, we need to find the strength to overcome that which is trying to defeat us. Every little battle will make us stronger and better equipped to face the next one. With the help of God, we can all continue to build our strength and overcome our own giants.

# MEDICAL HOURS

PLEASE REFER TO LISTED HOURS FOR SERVICES AT THE 134TH MEDICAL GROUP

## SATURDAY

**PHYSICAL HEALTH ASSESSMENTS (PHA'S)**  
0815-1130

**SELF-ASSESSMENT MEETING**  
0830-0900

**FITNESS FOR DUTY EVALUATIONS**  
0830-0900

**IMMUNIZATIONS**  
0830-1130

**QNFT TESTING**  
0830-1130

**DEPLOYMENT PROCESSING/ANAM TESTING**  
0830-1100

**FITNESS TESTING EVALS**  
1000-1100

**LUNCH**  
1130-1230

**QA MEETING**  
1300-1400

**SECTION SPECIFIC/AFSC TRAINING**  
1300-1530

**WAIVER/MEDCON/LOD APPS W/DOCS & PAS**  
1300-1500

**HEARING EXAMS/ANAM**  
1300-1500

## SUNDAY

**FITNESS FOR DUTY EVALUATIONS**  
0730-0800

**OPS SAFETY BRIEF (CARTER)**  
0915-0945

**FLIGHT SURGEON SHOP VISIT**  
1000-1030

**IMMUNIZATIONS**  
1300-1345

Medical Group is closed for training on Sunday with the exception of the listed times and activities.

**MENTAL HEALTH ASSESSMENTS**  
MHAs will be scheduled by appointment only.

**CONTACT MEDICAL GROUP**  
To make an appointment outside of listed times call 336-4277

## REMINDER: REPORT ALL NEW MEDICATIONS TO MED GROUP

- \* Individuals requiring lipid tests must fast for 14 hours prior to physical examination.
- \* Individuals are not to consume any alcohol for at least 72 hours prior to physical examination.
- \* If you wear glasses you must bring them with you for physical. Please do not wear contact lenses for exam.
- \* If you are deploying, please check with the clinic well in advance of departure date for immunization requirements.
- \* DNA testing will be conducted from 0830-1100 Saturday. Please have your personnel report at the scheduled time.

**TAKE NOTE**

**PUBLIC AFFAIRS CUSTOMER SERVICE HOURS**



The photo studio is open Saturday of UTA from 1230-1500 for new member portraits, official photos and passport photos.

**ISOPREPs are now handled by Intelligence Flight at 336-4417.**

The photo studio also offers photos by appointment

**SECURITY FORCES CUSTOMER SERVICE HOURS**



134th Security Forces Squadron offers customer service hours Monday-Friday from 0800-1100 and 1200-1600.

**CLOTHING ISSUE CUSTOMER SERVICE HOURS**



Clothing Issue is open for customer service:  
Friday from 0800-1100 and 1300-11530  
Saturday of UTA from 0900-1100 and 1300-1600  
Sunday of UTA from 0800-1100

**MOBILITY CUSTOMER SERVICE HOURS (BLDG 264)**



Mobility is open for customer service:  
Saturday of UTA from 0900-1100 and 1300-1600  
Sunday of UTA 0800-1100

**JUNIOR ENLISTED ADVISORY ASSOCIATION**



**The JEAA meeting will be Sunday 3 March at 1215 in the CE Auditorium.**



**TAKE NOTE**

**ROCKY TOP MENU**

Saturday:

Hny/Gngr Pork/Mustard Chckn  
Grill Chckn/Burgers/Hotdogs  
Rice/Brussels/Carrots  
O/Brien Potatoes  
Black Beans  
Tater Tots  
French Fries  
Baked Beans  
Chili

Sunday:

Salmon Patties/Meatloaf  
Wings/Breaded Wings  
Oven fried chicken/okra  
Mashed Potatoes  
Pinto Beans  
Onion Rings/French Fries  
Sweet Potato Casserole  
Collard Greens  
Baked Beans/Cole Slaw



**LONG DISTANCE PIN NO LONGER REQUIRED**

Long Distance pin no longer required to make long distance calls from a base phone.

\*Dial 134 and wait for dial tone  
\*Dial 1, then 10-digit number (including Area Code)

Call Comm. Focal Point at 336-4357 for more information



**2019 CALENDAR NOW ON THE APP!**

**The 134th ARW app now has the UTA and down Monday calendar programmed in!** It's never been easier to plan out your year. Just download the app, navigate to the Wing Calendar and tap each event to add to your phone calendar.



**134TH ARW SOCIAL MEDIA**

The 134th ARW is on Facebook! Follow our page for news stories and Wing events.

Search 134 ARW on YouTube for our videos!

The 134th ARW official webpage is: [www.134arw.ang.af.mil](http://www.134arw.ang.af.mil)



**TOP THREE**

**The Top Three meeting will be Sunday 3 March at 1400 in the DFAC training room**



# THE ADJUTANT GENERAL (TAG) MATCH

*Marksmanship Proficiency Training Exercise*

**Location: Volunteer Training Site - Tullahoma  
Tullahoma, Tennessee**

**Who's eligible: Army & Air National Guardsmen**

*An outstanding opportunity to train with & gain valuable skills from some of the most talented marksmen in the Tennessee National Guard*



**Rifle - (M16/M4)  
June 27-30**

**Pistol - (M9/M11)  
Aug 23-25**

**All participants must be in a duty status. Status must be No Pay/ Points Only Order, Split Drill, or Pay Order.**

**Top Soldiers/Airmen will be contacted to participate in future Regional and National matches.**

*For more info contact:  
SMSgt Kendra Owenby, x3214 or TSgt Scott Cavin x4043*

# OFFICE DOOR DECORATING CONTEST

## April is Sexual Assault Awareness and Prevention Month (SAAPM)

In efforts to raise awareness for SAAPM at the 134<sup>TH</sup> ARW, we will be hosting an Office Door Decorating Contest! Below are the minimum standards that will be used to judge your door.

- Has a **Clear SAPR theme**. (Examples: Victim Shaming, Bystander Intervention, SAPR) Pinterest is a great place to get some ideas. Brainstorm as an office. Find out what stands out most for your team and go with it!
- **1 Local Sexual Assault statistic** located on your door.
- **1 U.S. Sexual Assault statistic** located on your door.
- **3 Resources** that are located on our **134 ARW/ ANG TEC SAPR pamphlet**.
- **134<sup>th</sup> Wing VISON Statement**



## Begins March 1, 2019 Ends March 31, 2019

To enter, e-mail your name, office, and bldg. number to POC's [lauren.m.lloyd2.mil@mail.mil](mailto:lauren.m.lloyd2.mil@mail.mil) and [mirina.r.milliron.mil@mail.mil](mailto:mirina.r.milliron.mil@mail.mil) before March 15<sup>th</sup>.

Judging will take place by our Wing Leadership during the last week of March. This will allow full time employees and drill status guardsmen to view doors during the month of April, in hopes to raise Sexual Assault Awareness and Prevent.

**WINNERS WILL RECEIVE COFFEE AND DONUTS ON SATURDAY MORNING APRIL UTA and BRAGGING RIGHTS!** The winning team will be announced on April UTA during Wing Commander's Call. A photo of the winning door will be projected during commander's call as well.

# Promotions

## Senior Airman

Jaron White

## Staff Sergeant

Corey Barton

Phillip Watson

Jeremy Stroupe

Dennis Kreis

Mikayla Vican

## Technical Sergeant

Charles Dunkelberger

Richard Gause

Cassie Lopez

Andrew Thompson



## Master Sergeant

Steven Flowers

Andrew Mullis

Carey Brasel

Trampus McDaniel

## Senior Master Sergeant

Freddie Franklin

## Lieutenant Colonel

Steven Ferguson

Benjamin Williams



U.S. Air National Guard photo by Tech. Sgt. Jonathon Young

# CHIEF LUNCH & LEARN MENTORSHIP OPPORTUNITY

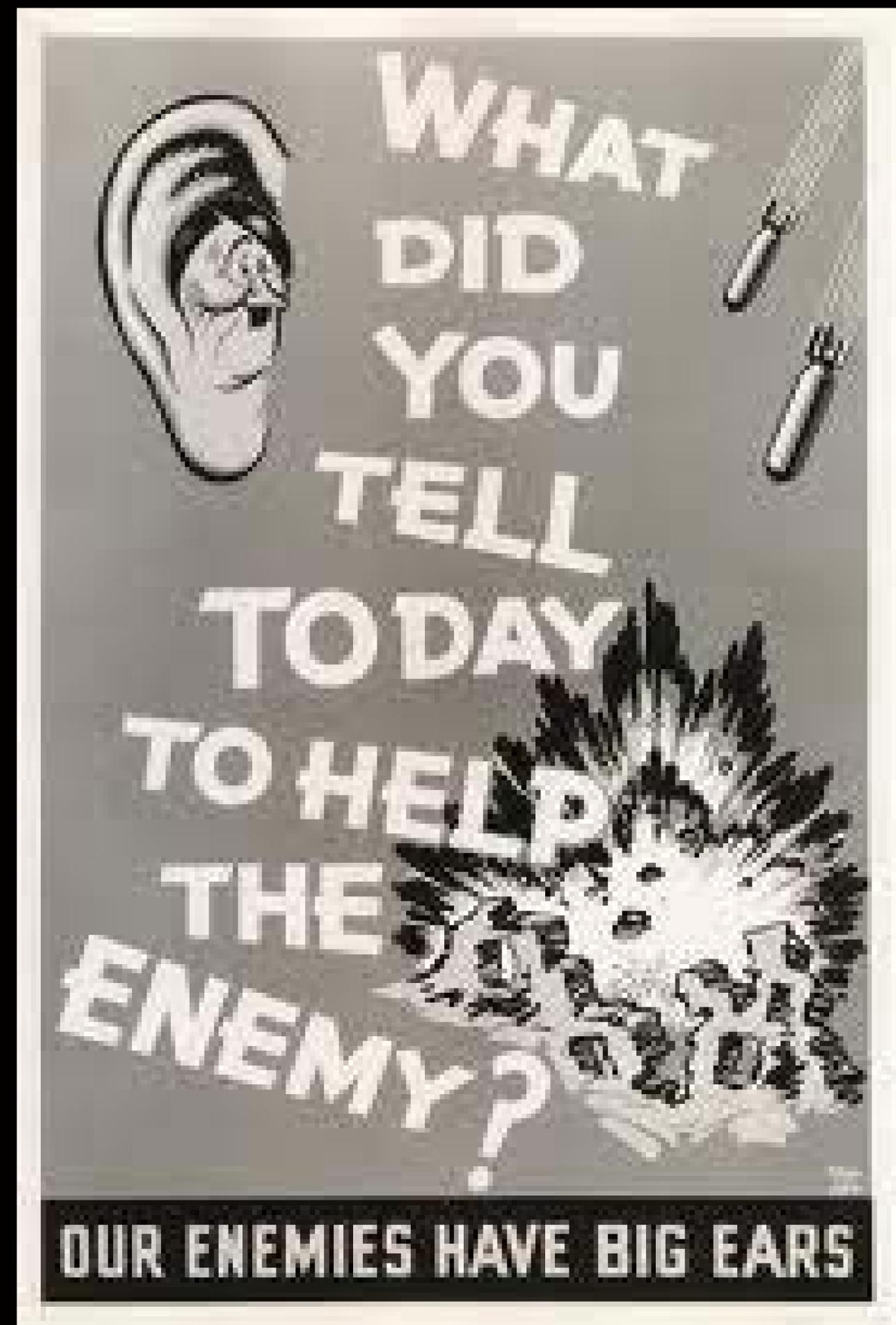
- Meet During UTA Lunch
- Meet @ DFAC
- One on One
- 1 Hour Session
- Career Review
- Ask Questions
- Hear from Experience



**FIND A MENTOR FOR YOUR CAREER  
REQUEST YOUR SESSION TODAY!**

Sessions will be scheduled the UTA after your request is made. Full time personnel can be scheduled outside of the UTA schedule. If a Chief from a particular career field or unit is desired, please specify in your request. Specific time will be provided the Friday before UTA.

E-mail SMSgt Jason Graf at [john.j.graf2.mil@mail.mil](mailto:john.j.graf2.mil@mail.mil)  
To Reserve Your Session



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